

September 2021 Group Exercise

Updated 9/7

MON	9-10 a.m. Zumba® Kiana (9/13-9/27) No class 9/6	6:15-7 p.m. Zumba® Beth (9/13-9/27) No class 9/6
TUE	9-10 a.m. Hatha Yoga Lacy (9/21 and 9/28) No class 9/7-9/14	6:15-7 p.m. Zumba® Diana (9/7-9/28)
WED	9-10 a.m. Zumba® Ginger (9/1-9/29)	6:15-7:15 p.m. Boot Camp Lacy (9/1 and 9/22-9/29) No class 9/8-9/15
THU	9-10 a.m. Zumba® Diana (9/2 and 9/16-23) No class 9/9	6:15-7:15 p.m. NO EVENING CLASSES IN SEPTEMBER
FRI	9-10 a.m. U Jam Fitness™ Marissa (9/3-9/24)	<ul style="list-style-type: none">• <u>All Classes are held at the Community Recreation Center,</u> 969 Kiely Boulevard, Santa Clara For information call 408 615-3140• Due to safety reasons, participants arriving 15 minutes after the start of class, 10 minutes for Yoga, will not be admitted into class. Please make an effort to be on time to all classes, as latecomers are distracting to the class.• Anyone with a current Group Exercise card will receive program email such as monthly schedules and schedule changes.
SAT	9-10 a.m. Zumba® Diana (9/4-9/25)	
<p>Schedule is subject to change. Check e-mail for class changes or call 408-615-3140. Please note: No Tuesday Yoga classes 9/7-9/14 No Wednesday Boot Camp classes 9/8-9/15 Holidays: 9/6 and 9/9</p>		

Class Offerings and Descriptions: **Bombay Jam®:** The ultimate dance fitness total body workout that is effective, safe, easy to follow and packed with authentic Bollywood Flavor. **Boot Camp:** Work all major muscle groups using a variety of equipment and circuits. **Hatha Yoga:** Posture focused yoga, practice for balance, strength, and flexibility with the intention of supporting ease in the body and mind. **U Jam Fitness™:** A Cardio Dance fitness program that unites world beats with urban flavor, while toning the entire body. **Zumba®:** A high energy dance workout that combines both Latin and international rhythms with cardiovascular exercise. Toning sticks will be incorporated into the class.

Adult Activity Pass Cost:

# of Classes	Resident	Non-Res.
5	\$35	\$45
10	\$70	\$90
20	\$140	\$180

***Current passes may be used until they expire, then an Activity Pass is required.**

*Passes do not expire & are non-refundable.
There is no longer a drop in option.*



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